

7th Annual Hawaii International Masters Swim Meet
Long Course Meter Meet
Saturday, June 19, 2010

Hosted by: Hawaii Sports Institute

Sanctioned by: Hawaii Masters Swimming Association for USMS, Inc. • Sanction # S390-P001

Facility: Veterans Memorial Aquatic Center, Central Oahu Regional Park, Oahu, Hawaii
8 lanes competition - electronic timing • Warm up/down lanes available in 25 yds only

Meet Director: Albert Minn • Tel/Fax: 808-261-5143 • Cell: 808-358-3580 • E-mail: hsihumu@yahoo.com

Warm-ups: Saturday, June 19 Warm-up: 8:00 a.m. HST Meet Starts: 10:00 a.m. HST
Opening Ceremonies: 9:30 a.m. HST

Eligibility: Currently registered USMS swimmers, 18 years and older as of December 31, 2010.
Unregistered swimmers must submit a 2010 registration form and fee with this form.
Foreign swimmers must include a copy of the swimmer's national registration card.
A swimmer shall represent the team listed on the swimmer's registration card and not the country.

Age Group: 18-24, 25-29, 30-34, etc. (5 year age groups as high as is necessary). Age is determined as of December 31, 2010.

Entry Limits: A swimmer may enter a total of 5 individual events and unlimited relays. Write your best time or a reasonable estimate in the space next to the events you wish to enter. DO NOT ENTER A "NO TIME" or your entry will be rejected.

Entry Deadline: Entries should be in the hands of the Meet Director no later than June 5, 2010.
Make checks payable to: Hawaii Sports Institute Mail to: 161 Makua Street, Kailua, HI 96734
No credit card payments will be accepted. Payments will be accepted upon arrival at the pool. Late entries will be accepted on a space-available basis; a late fee of \$10.00 will be assessed.

Relays: The cumulative age of the 4 relay team members will determine the age of the relay team. Age groups are as follows: 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. Mixed relay teams are 2 men and 2 women. All four relay swimmers must belong to the same club. Registration and payment for all relays will be done at the pool during the warm-up period.

Seeding: All events will be pre-seeded. Relays will be deck seeded. Seeding will be done slowest to fastest. Late entries must have approval of the Meet Director.

Awards: Individual Events: Medals will be awarded for 1st-8th place in each age group. Relay Events: Medals will be awarded for 1st-3rd place in each age division. Awards will be presented following each event.

Protests: Any protest shall be made in writing to the Meet Referee within 30 minutes after the heat or within 30 minutes after posting of the results.

Social: Come make new friends and exchange swimming memorabilia, such as, t-shirts, caps, and pins at a dinner party with entertainment after the last event of the meet, at the Waikiki Beach Resort Ballroom (2460 Koa Avenue.) Cost \$40.00.

Coconut Relay: A fun, informal 400-meter freestyle mixed relay made up of 8 swimmers, representing a minimum of 4 different clubs, each participant will swim 50-meters. There are no gender requirements. Registration will be done at the pool prior to the event.